

Colonoscopy preparation

Dietary and drug restrictions

Aspirin. If aspirin was prescribed by your doctor, continue to take as directed; otherwise, stop one week before your procedure.

Iron Supplements. Stop one week before procedure.

Plavix (clopidogrel). Stop one week prior to your procedure UNLESS you have had a heart stent placement, heart attack or stroke within the past year. If so, you will need to ask your prescribing doctor if you can discontinue Plavix (clopidogrel) one week prior to your procedure.

Coumadin or Pradaxa. If you are taking Coumadin or Pradaxa, check with your doctor about stopping five days prior to your procedure. If your doctor does not want you to stop taking Coumadin or Pradaxa, he or she will instruct you on what to do.

Clear liquid diet

Start at breakfast the day before the procedure. It is important to drink 8 oz. of clear liquids every hour throughout the day in addition to your clear liquid meals and the liquid you drink for the prep.

Clear liquids consist of:

- Broth
- Bouillon
- Coffee (no milk or non-dairy creamer)
- Tea
- Jello*
- Clear fruit juice without pulp*
- Kool-Aid*
- Gatorade or Powerade*
(use low calorie if diabetic – avoid red)
- Soft drinks
- Popsicles*
- Italian Ice*

*Avoid Jello and liquids that are red in color.

Colonoscopy prep with Miralax

Necessary supplies can be purchased at your pharmacy, grocery or discount store. All are sold over the counter - no prescription needed.

- 4 Dulcolax (bisacodyl) 5 mg tablets
- 1 Miralax 238 GM bottle
- 2 Gatorade 32 oz. bottles (not red), use low calorie if diabetic



The day before your colonoscopy

- Start clear liquid diet:
 - NO SOLID FOOD
 - NO MILK OR DAIRY
 - NO ALCOHOL
- Drink 8 oz. of clear liquids every hour in addition to your clear liquid meals and liquid you drink for the prep.
- Mix 1/2 of Miralax 238 GM bottle into each of the two Gatorade 32 oz. bottles.
- 3:00 pm
 - Take (4) four Dulcolax (bisacodyl) 5 mg tablets and continue clear liquids.
- 6:00 pm
 - Begin drinking the first bottle of Gatorade/Miralax solution. One 8 oz. glass every 15 minutes (over approximately 1 hour) until the first bottle is gone. Continue to drink clear liquids until bedtime.

The day of your colonoscopy

- **No chewing tobacco, gum or hard candy after midnight.**
You should take all regular medications, except insulin or other diabetic medications, at least three (3) hours prior to your appointment time with a sip of water.
- 6 hours before your procedure
Begin to drink the second bottle of Gatorade/Miralax solution. One 8 oz. glass every 15 minutes (over approximately 1 hour).
- You will need to have someone drive you home following your procedure. You may not drive until the following day. If you do not have someone to drive you home, the procedure can not be performed.